

Abstract of the Disclosure

An elliptical motion rowing machine includes a frame, a linkage assembly movably mounted on the frame in such a manner that a portion of the linkage assembly moves through an elliptical path, and a seat mounted on that portion. A foot platform is preferably provided to support a person's feet, and handlebars are preferably provided to support a person's hands. The handlebars may be movably mounted on the frame, and may also be connected to the linkage assembly for synchronized movement with the seat.